

Systems of nutrition

Name and surname:

Form: Date:

1 Complete the following sentences:

- A. The cells of the unicellular organisms are in contact with the They take the and from this environment and get rid of the waste.
- B. The cells of multicellular organisms are not in contact with the They need that serve as between the outside and the cells.

2 Put the following terms into the corresponding places in the table: formation of the food bolus, decomposition of glucosides, swallowing, passage of nutrients into the blood, formation of the faeces, formation of chyle.

Digestive process	Related term
Physical digestion	
Chemical digestion	
Absorption of nutrients	
Egestion	

3 Indicate whether the following sentences are true (T) or false (F):

- A. When we breathe in, the diaphragm relaxes and the lungs expand. ☐
- B. The O_2 passes from the alveoli into the blood which distributes oxygen. ☐
- C. The CO_2 passes from the alveoli into the blood which distributes oxygen. ☐
- D. When we breathe out, we expel the air which contains a lot of CO_2 . ☐

4 Name the functions of the blood.

1.
2.
3.

5 Complete these sentences:

- A. The arteries have outer walls.
- B. The walls of the veins are than those of the arteries.
- C. The walls of the capillaries are very

Name and surname:

6 Complete the following phrases:

- A. The goes into the right auricle.
- B. The go into the left auricle.
- C. The right valve is the and the left one is the..... .
- D. The emerges from the left ventricle and the emerges from the right ventricle.

7 Change the following sentences so they are true:

- A. Lymph nodes are swellings of the lymph vessels where red blood vessels are made.
.....
- B. Lymph circulates around the lymphatic system, impelled by the pumping of the heart.
.....
- C. The internal medium is composed of two liquids: the blood and the lymph.
.....

8 Order the stages in the formation of urine:

- A. The glomerulus filters the blood and extracts waste products.
- B. When the bladder is full the urine is expelled through the urethra.
- C. Blood containing waste substances flows to the kidneys through the renal arteries.
- D. The waste substances are mixed with water to form urine which flows out of the kidneys through the ureters.

Correct order:

9 In **one** of these groups of words there is an odd one out. Which one is it?

- A. Kidneys, lungs, liver.
- B. Lungs, sweat glands, liver.
- C. Kidneys, lungs, heart.
- D. Kidneys, lungs, sweat glands.

☐
☐
☐
☐

10 Indicate the sentences which refer to healthy habits related to nutrition.

- A. Follow a diet which is rich in fat and carbohydrates.
- B. Avoid the consumption of alcohol and tobacco.
- C. Regularly practise a sport which is appropriate for your age.
- D. Go to see the doctor only when it's necessary.

☐
☐
☐
☐